

Growing Healthy Families

BENNINGTON DISTRICT OFFICE • Vermont Department of Health, WIC Program
324 Main Street, Suite 2, Bennington, VT 05201 • 1-802-447-6408 or 1-800-637-7347

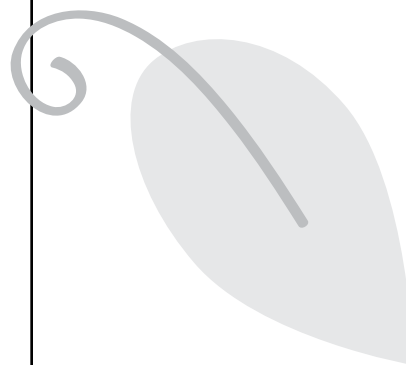
Personal grocery shopping tours

Ongoing

Price Chopper, Bennington
Hannaford, Bennington
Shaw's, Manchester
Willy's Variety, Bennington

Do you need some help using your WIC card at the grocery store? We'll take you shopping and show you how to navigate the aisles for WIC-eligible foods, review your family food benefit list and use the Vermont WIC Program & Food Guide to identify your favorite WIC brands. Tours are available for individuals or small groups and will take approximately 30 minutes.

Contact us at 447-6408 to schedule a tour. We'll meet you at the store!



Breastfeeding basics

1st Wednesday of each month
September 7, October 5, and
November 2

1:00–2:00 p.m.

Vermont Department of Health
WIC Office, 324 Main Street

Are you planning to nurse? Not quite sure? Join WIC breastfeeding peer counselors to learn how to get a good start in the hospital and early weeks. Light refreshments. Partners, friends, and family members welcome!

Call 447-6411 for more information.

All activities are FREE
of charge!

Secrets of baby behavior

Wednesdays, Noon–1:00 p.m.
September 7 and November 2
Vermont Department of Health
WIC Office, 324 Main Street

It can be hard to know what your newborn baby is trying to communicate to you when he/she can't talk! Understanding your baby can help you feel less stressed and more confident in caring for your newborn. Learn how to recognize hunger cues, sleep patterns, reasons for crying and solutions to common concerns. Check out www.secretsofbabybehavior.com for more baby behavior tips. Dads and grandparents welcome!

For more information and to preregister, call 447-6411.

Back to work or school and breastfeeding

Tuesday, October 25
1:00–2:00 p.m.

Vermont Department of Health
WIC Office, 324 Main Street

Going back to work or school doesn't mean breastfeeding has to end. There are many ways you can make it work for you. Topics include pumping and storing your milk, maintaining a good milk supply, working with your childcare provider and how to talk with your human resource manager, supervisor or student advisor about your needs when returning to work or school. Babies are welcome in class!

For more information and to preregister, call 447-6411.